



MEAL PLAN **NON-VEG** FOR

WEIGHT LOSS

- ✓ INDIAN FOOD
- ✓ 3 + 2 MEAL PLAN
- ✓ GROCERY LIST

CHOOSE YOUR MEAL

**SUPPLEMENTS + WATER CONSUMPTION +
SLEEP**

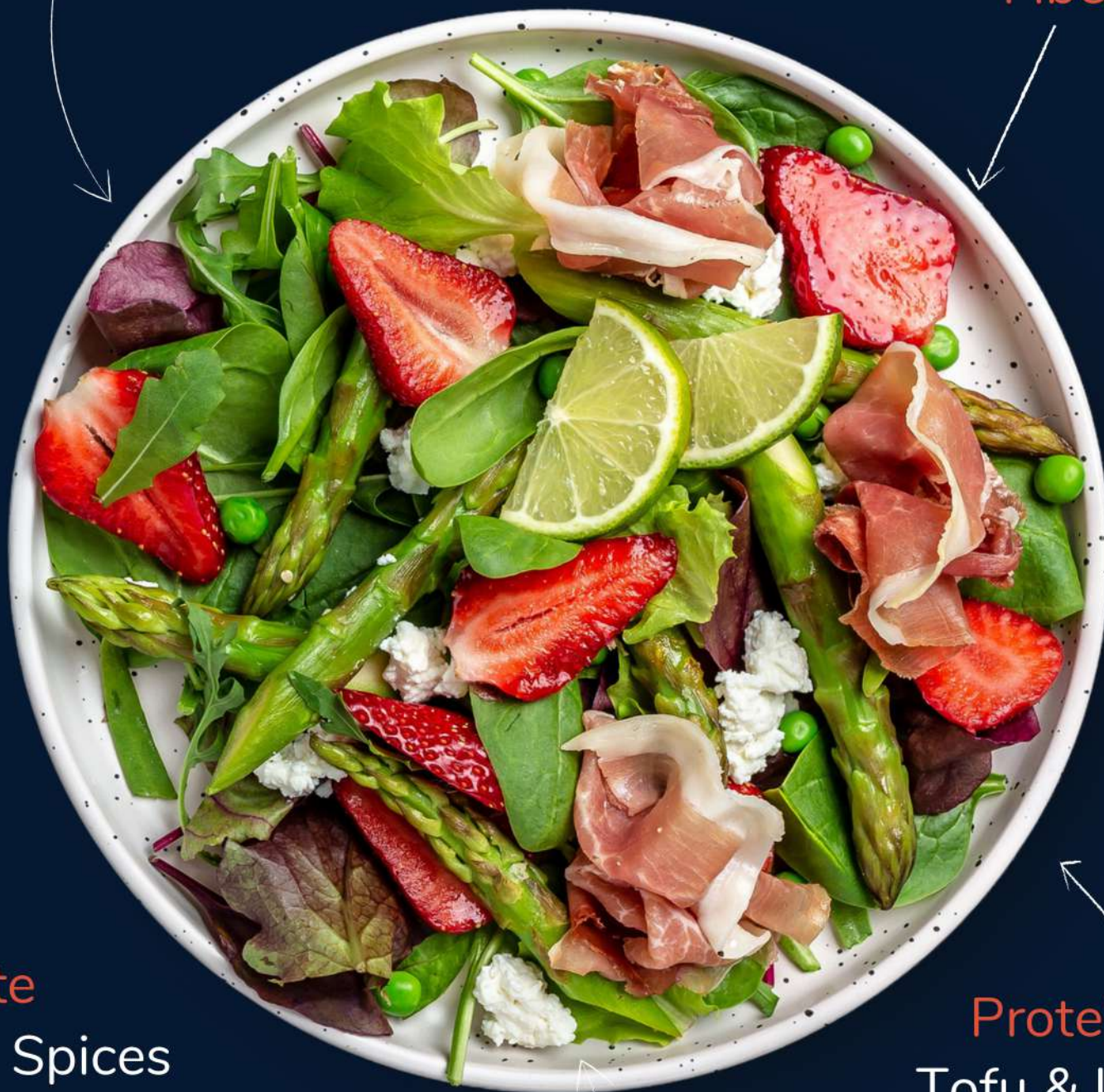
- WATER: **3 – 4 LITRES**
- MULTIVITAMIN: **1 TABLET**
- MAGNESIUM, ZINC & CALCIUM
COMBO: **1 TABLET**
- OMEGA-3: **1 TABLET**
- SLEEP: **6–7 HOURS OF QUALITY SLEEP**



BUILDING A BALANCED PLATE

Olive & Avocado oil
Healthy Fats

Greens & Vegetables
Fiber



Taste
Sauce & Spices

Protein Source
Tofu & Lean Meats

Complex Carbs
Grains & Starchy vegetables

EARLY MORNING

CHOOSE ANY ONE



APPLE CIDER VINEGAR



GREEN TEA



BLACK COFFEE



METHI SEEDS (FENUGREEK) +

JEERA (CUMIN) +

PUDINA (MINT) LEAVES WATER

MEAL-1 BREAKFAST

CHOOSE ANY ONE

☐

OATMEAL + APPLE + 2 EGGS

☒

DOSA 2 / IDLI 2 / 1 CUP UPMA / 1
CUP POHA + APPLE + 2 EGGS

☐

SPROUTS 1 BOWL + APPLE + 2 EGGS

MEAL-2 LUNCH

CHOOSE ANY ONE



- ☐ 1 CUP RICE + 1 BOWL VEGETABLES + 20-50 GRAMS PANEER + 1 CUP CURD/YOGURT + 1 BANANA
- ☐ 2 CHAPATI + 1 BOWL VEGETABLES + 50 GRAMS GREEN PEAS / KIDNEY BEANS / MUSHROOM + 1 CUP CURD + 1 BANANA
- ☐ RAGI / MILLET BALL + 1 BOWL VEGETABLES + 20-50 GRAMS LENTILS + 1 CUP CURD + 1 BANANA
- ☒ 1 CUP RICE + 150 GRAMS CHICKEN BREAST / SALMON + 1 CUP CURD + 1 BANANA + 1 CUP VEGETABLES

EVENING

CHOOSE ANY ONE



☐ FRUIT JUICE : ORANGE / WATERMELON / PINEAPPLE

☐ LEMON TEA / COFFEE / TEA **WITHOUT SUGAR**

☒ CARROT BEETROOT JUICE

☐ PROTEIN SHAKE

MEAL-3 DINNER



CHOOSE ANY ONE

- ☐ CHAPATHI 2 + 1 BOWL VEGETABLES + DAL [LENTILS /PULSES] + 1 FRUIT BOWL + 1 CUP CURD
- ☐ VEGETABLE SALAD 1 BOWL + 1 FRUIT BOWL + 1 CUP CURD + MILLET MALT 1 GLASS
- ☐ BROWN BREAD CHICKEN SANDWICH + 1 CUP CURD + 1 FRUIT BOWL
- ☒ 150 GRAMS CHICKEN / SALMON + 1 CUP CURD + 1 FRUIT BOWL

PORTIONS

MEAT: 3-4 OUNCE [85 GRAMS – 112 GRAMS]

VEGETABLES: 2-3 CUPS

FRUIT: 1 CUP OR 1-2 WHOLE FRUITS

COMPLEX CARBS: ½ TO 1 CUP

CALORIES

BREAKFAST: 300 - 400 CALORIES

SNACKS: 100 - 200 CALORIES

LUNCH: 400 - 500 CALORIES

DINNER: 400 - 500 CALORIES



**BEST MEAL PLAN NON-VEG FOR
WEIGHT LOSS****EARLY MORNING**

- OPTION-1: APPLE CIDER VINEGAR
- OPTION-2: GREEN TEA
- OPTION-3: BLACK COFFEE
- OPTION-4: METHI SEEDS + JEERA + PUDINA LEAVES WATER

BREAKFAST

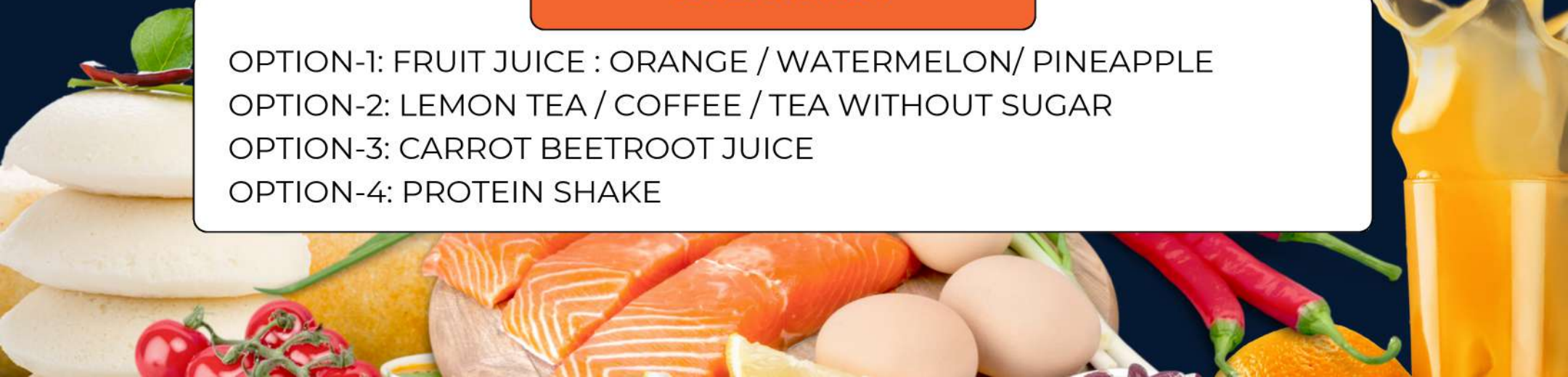
- OPTION-1: OATMEALS + APPLE + EGGS 2
- OPTION-2: DOSA / IDLI / UPMA / POHA + APPLE + EGGS 2
- OPTION-3: SPROUTS 1 BOWL + APPLE + EGGS 2

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- OPTION-4: PROTEIN SHAKE





MEAL PLAN **NON-VEG** FOR **WEIGHT LOSS**

EARLY MORNING

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WHAT IS CALORIE DEFICIT?

CONSUME 1500 CALORIES → BURN 2000 CALORIES



500 CALORIE DEFICIT

3500
CALORIES/WEEK



0.45KG A WEEK
WEIGHT LOSS

BODY BURNS **CALORIES** THROUGH THE FOLLOWING WAYS

***20%**

NON EXERCISE
ACTIVITY -
THERMOGENESIS



Walking, cooking,
cleaning, fidgeting

***10%**

EXERCISE
ACTIVITY -
THERMOGENESIS



Running, weight
lifting, cycling,
dancing

***60%**

BASAL
METABOLIC RATE



Breathing, blood
circulation,
repairing cells

***10%**

THERMIC EFFECT
OF FOOD



Chewing, digestion,
storing nutrients

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WHAT IS CALORIE DEFICIT?

YOUR TOTAL DAILY EXPENDITURE (TDEE)



BASAL METABOLIC RATE (BMR) **ALL THE THINGS TO KEEP YOU ALIVE**

Breathing, Blood circulation,
Immune system

***60%**
OF TOTAL
CALORIES



NON EXERCISE ACTIVITY - THERMOGENESIS (NEAT)

Walking, cleaning, working,
Fidgeting

***20%**
OF TOTAL
CALORIES



EXERCISE ACTIVITY - THERMOGENESIS (EAT)

Weight lifting, running, sports,
swimming, dancing

***10%**
OF TOTAL
CALORIES



THERMIC EFFECT OF FOOD (TEF)

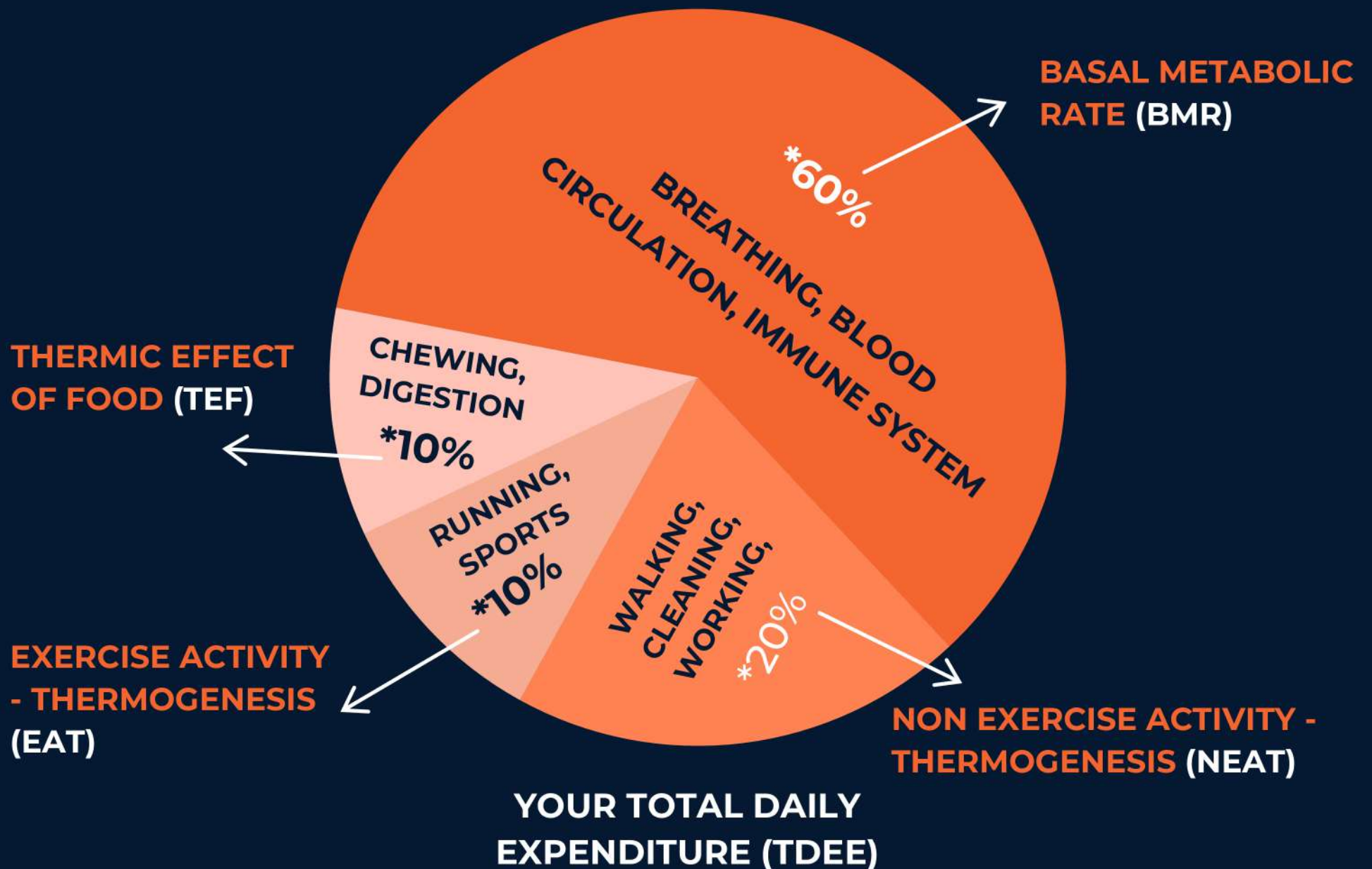
Chewing, digestion, storing
nutrients

***10%**
OF TOTAL
CALORIES

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WHAT IS CALORIE DEFICIT?

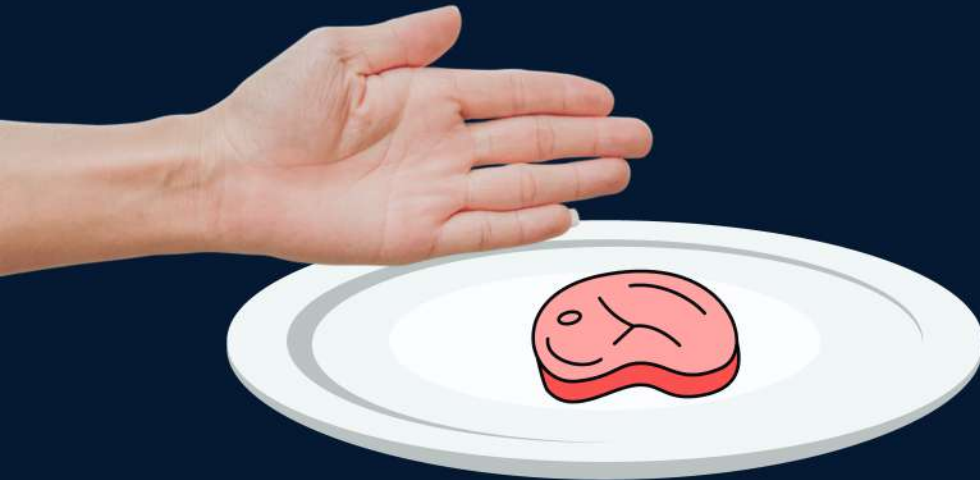


ALL OF THIS COMBINED HAS TO BE HIGHER THAN YOUR DAILY CALORIE INTAKE

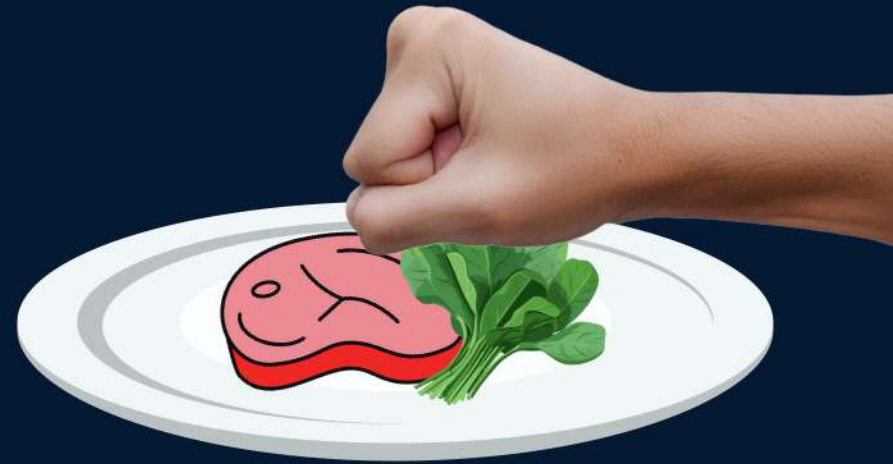
TOTAL DAILY ENERGY EXPENDITURE		DAILY CALORIE INTAKE		
YOU BURN	—	YOU EAT	=	A CALORIE DEFICIT OF
2300		1800		500 CALORIES
CALORIES		CALORIES		

PORTION SIZE GUIDE

Easily measure balanced meal portions using your hand as a simple guide.



A PORTION OF PROTIEN
= 1 PALM



A PORTION OF VEGETABLES
= 1 FIST



A PORTION OF FRUITS
= 1 CUPPED HAND



A POTRION OF FATS
= 1 THUMB

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SIMPLE FORMULA FOR CALORIE DEFICIT

THE MIFFLIN-ST JEOR EQUATION

STEP-1:

CALCULATE BMR

MEN

$$\text{BMR} = 10 \times \text{WEIGHT (IN KG)} + 6.25 \times \text{HEIGHT (IN CM)} - 5 \times \text{AGE (IN YEARS)} + 5$$

WOMEN

$$\text{BMR} = 10 \times \text{WEIGHT (IN KG)} + 6.25 \times \text{HEIGHT (IN CM)} - 5 \times \text{AGE (IN YEARS)} - 161$$

STEP-2:

TO CALCULATE TOTAL DAILY ENERGY EXPENDITURE (TDEE)

SEDENTARY/ DESK JOB

$$\text{BMR} \times 1.2$$

LITTLE EXERCISE

$$\text{BMR} \times 1.37$$

MODERATE EXERCISE

$$\text{BMR} \times 1.55$$

HEAVY EXERCISE

$$\text{BMR} \times 1.725$$

STEP-3:

SUBTRACT **300-500 CALORIES** TO DETERMINE YOUR DAILY CALORIE DEFICIT INTAKE.

TIPS:

As you lose weight, you will need to recalculate this number.

The goal is to achieve steady fat loss without being constantly hungry or lethargic. Stick to a conservative calorie deficit and TRUST THE PROCESS!



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